The invention describes a method for treating Obstructive Sleep Apnea Syndrome (OSAS) utilizing positive airway pressure (PAP) by creating a single-piece, dual arch airway orthotic, using said orthotic to obturate the oral cavity via an acrylic seal between the upper and lower dental arches, retaining the upper and lower dental arches in elastomeric material via a snap-fit and applying PAP via the nasal passages from tubing which is supported from said airway orthotic.

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